



# PREVALENCE OF OCCUPATIONAL STRESS AND COPING STRATEGIES AMONG THE STAFF NURSE IN SELECTED HOSPITAL

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## ABSTRACT

Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situation. The modern world, which is said to be a world of achievements is also a world of stress and has been called the age of anxiety and stress. Stress is defined as a real or interpreted threat to the physiological, psychological and or behavioral response. It is a bodily or mental tension resulting from factors that tend to after an existing equilibrium. Stress may be positive or negative. It involves a stressor and a stress response. It is important to understand that the very nature of nursing is stressful increasing the vulnerability of all nurses causes the occupational stress. **Objective of the Study:** To assess the prevalence of occupational stress and coping strategies among staff nurse at selected hospital. To find out the association between occupational stress and copying strategies with their selected demographic variables. Methodology Descriptive Research Design was adopted for this study. The study was conducted at selected hospital. Total Number of Sample size is 50. Convenient sampling technique was adopted for the study. Descriptive statistics, frequency and percentage were used to assess the stress. **Conclusion:** The present study assessed the prevalence of occupational stress and coping strategies among the staff nurse. The finding of the study revealed 28% of the staff nurse had no stress, 64% of the staff nurse had mild stress and 8% of the staff nurse had moderate stress.

**KEY WORDS:** occupational stress, coping strategies, and staff nurse.

## INTRODUCTION:

**“Stress is a fact of life, but it need not be a way of life”**

Stress is one of the biggest health issues at work today. Over a half of million people will have their physical or mental health damaged as a result of stress at work. In reality “Stress is an incapable aspect of modern working life and a major threat employees” health and wellbeing.

Numerous surveys and studies confirm that occupational pressures and fears are far and away the leading source of stress and that these have sturdily increased over the past few decades. Some of the reason of occupational stress can be briefly consider as violence, working longer and harder, Absenteeism due to job stress has escalated:30% of workers suffering from back pain;28% complaining of “ stress” :20% feeling fatigued; 13% with headaches, stress due to job insecurity has skyrocketed.

Stress has been categorized as an antecedent or stimulus. As interaction it has been studied from many different frame works for riley. Coping is the person's effort to manage psychological stress. The first step to manage the stress aware of the things that cause stress. Once you realize what causes your stress, try to focus on how your body feels under stress. A mental health counselor can help you find and implement the right solution for your particular problem. If the cause of your stress is not easily recognized or manageable, you may feel over whelmed, depressed or helpless, as if there is “no way out”. If this described your situation, you may need medical assistance to help you cope with you these feelings.

## NEED FOR THE STUDY:

Stress frequently described as the black plague of the eighties or the modern epidemic has become an important feature and major problem of everyday life threatening individual, organization and social health. The practice of the nursing profession occurs mostly in hospital environments, demanding more involvement from the professional. Inpatient suffers considerably because of this situation, being away from home, from work, and the lack of information about what is happening and what will happen to him or her causes an intense emotional overload. It is up to nurse to provide him/her with the necessary comfort for recovery. Within the hospital context, the ICU'S have already been the focus of several research studies related to nurses stress. It is known that this sector in the hospital is tasked with caring for patients in an acute or critical state, but within the possibility of recovery.

## OPERATIONAL DEFINITION:

### Prevalence:

Referring to the number of cases of a disease that present in a particular population at a given time.

### Stress:

In present study, stress refers to an emotional disturbance experience by the nurses working in a hospital.

## Coping strategies:

It is the ability of the staff nurse to adjust or adopt in the hospital area during the time of stress.

## Staff Nurses:

In present study word staff nurse refers to a qualified nurse having certification of state nursing council completed a minimum of diploma certificate that are eligible to impart care to clients.

## OBJECTIVES OF THE STUDY:

- To assess the prevalence of occupational stress and coping strategies among staff nurse at selected hospital.
- To find out the association between occupational stress and copying strategies with their selected demographic variables.

## HYPOTHESIS:

- H1:** There will be a significant difference in level of stress and coping strategies of the staff nurse.
- H2:** There will be significant association with the level stress and coping strategies with their selected demographic variables (age, Sex, Qualification, Working area, Working hours)

## METHODOLOGY:

Descriptive Research Design was adopted for this study.

## Population:

The population for the present study comprised of staff nurses working in a selected hospital.

## Sample:

Total number of sample size is 50 staff nurse working in selected hospital and convenient sampling technique were used.

## Description of the Tool:

### Section A:

It includes demographic Variables, Age, sex, Gender, Professional Qualification, Marital Status, No. of Children, Department of present work, frequency on work, Experience in current Department of work were used to collect baseline information.

### Section B:

Professional life stress scale was used to assess the prevalence of occupational stress and coping strategies among the staff nurse.

## RESULT AND DISCUSSION:

Table 1: Distribution of demographic variables N = 50

S. No.	Demographic Variable	Frequency	Percentage (%)
1	<b>Age:</b>		
	a) 22-30 year	16	32%
	b) 31-40 year	24	48%
	c) 41-55 year	10	20%
2	<b>Sex:</b>		
	a) Male	2	4%
	b) Female	48	96%
	c) Trans gender	-	-
3	<b>Professional qualification:</b>		
	a) Diploma nursing	12	24%
	b) Degree nursing	28	56%
	c) ANM	10	20%
4	<b>Marital status:</b>		
	a) Single	4	8%
	b) Married	20	40%
	c) unmarried	26	52%
5	<b>No of children:</b>		
	a) None	26	52%
	b) One child	10	20%
	c) Above 2 child	14	28%
6	<b>Department of present work:</b>		
	a) General ward	33	66%
	b) Post-operative ward	8	16%
	c) Casualty	9	18%
7	<b>Frequency on work:</b>		
	a) General shift	24	48%
	b) Night shift	16	32%
	c) Afternoon shift	10	20%
8	<b>Experience in current dept. of work:</b>		
	a) 1-2 year	21	42%
	b) 2-3 year	29	58%
	c) Above 5 year	-	-

Table 2: Distribution of level of stress on occupational stress among staff nurse with stress.

Level of Stress	Frequency	Percentage
0-15(No stress)	14	28%
16-30(Mild)	32	64%
31-45(Moderate)	4	8%
46-60(Severe)	-	-

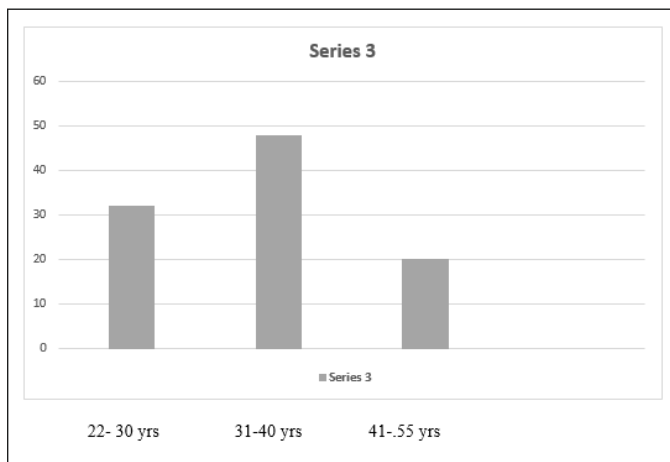
**CONCLUSION:**

The main aim of the study was to assess prevalence of occupational stress and coping strategies among the staff nurse in selected hospital. The objective of the study : To assess the prevalence of occupational stress and coping strategies among staff nurse at selected hospital. To find out the association between occupational stress and coping strategies with their selected demographic variables. The total of 50 nurses selected for the study using convenient sampling technique. The conceptual frame work adopted for this study is based on Johnson behavior system model. The instrument used for data collection was self-administered structured questionnaire, prevalence of occupational stress and coping strategies among staff nurse assessed by professional life stress scale. The finding of the study revealed 28% of the staff nurse had no stress, 64% of the staff nurse and 8% of the staff nurse had moderate stress.

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Percentage Distribution of age of Occupational Stress among staff nurse:



Percentage Distribution of frequency on work of occupational stress among staff nurse.

